

Dear Fellow State Employee,

October is Cold and Flu Awareness Month. Colds are much more common (nearly 1 billion a year) and less serious than influenza which can be deadly. Flu symptoms may include high fever, severe body aches and exhaustion. With the common cold you may experience sneezing, stuffy nose and sore throat. Both viruses are very contagious and are spread by inhalation or hand to nose, eye or mouth contact. Two preventative measures are washing your hands often and getting a flu vaccination. If you come down with symptoms, take aspirin, ibuprofen or acetaminophen, get plenty of rest, and drink adequate fluids.



October is National Breast Cancer Awareness Month and the 15th is National Mammography Day. Remember to do a breast self-exam every month and talk to your physician about having a mammogram.

Eldercare Locator provides a means to find community assistance for seniors. If you are concerned about finding senior services and independent living resources for aging parents or others, visit www.eldercare.gov. Additional information is available at www.n4a.org/mediacenter.cfm. Employees, also remember that your parents are eligible to apply for **Long Term Care Insurance** by filling out a paper enrollment form and supplying a statement of health. For more details on long term care, go to http://www.michigan.gov/mdcs/0,1607,7-147-22854_23197-18418--,00.html and click on the metlife.com link near the bottom of the page.

Find out more about employee health and fitness by visiting the WOW website for links to a wealth of wellness info, including fitness club discounts.

www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html

If you are unable to access the website from the above link, go to www.michigan.gov/mdcs and click on Employee Benefits, then Employee Health and Wellness. Please feel free to call our toll free number (1 800-505-5011) if you have difficulty accessing our website or its links.

Congratulations Tamara Hartman. You are the September WOW Contest Winner. **Prize: AHA Low-fat & Luscious Deserts (cookbook).** Thanks to all contest participants. Please try again next month if you have never been selected a winner.

Working On Wellness
WOW Team
Employee Health and Wellness